

Live Well Challenge - Eat Smart Point Tracking Worksheet

Week 6: August 18 - August 24

For definitions and maximum points see: [How to Earn Points](#)

Complete green cells below	Yellow cells should calculate automatically
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Place points in each cell if appropriate								Point Criteria	
Eat Smart	M	T	W	T	F	S	S	Points	Eat Smart - 30 points weekly max
Healthy Breakfast								0	1 point daily
2 1/2 cups vegetables								0	1 point daily
2 cups fruit								0	1 point daily
3 oz of whole grains								0	1 point daily
Visit Farmers Market or Healthier Vending Machine Snack								0	2 points weekly
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.								0	1 point daily
General Health									General Health - 21 points weekly max
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water								0	1 point daily
Worksite Health Promotion									Worksite Health Promotion - 5 points weekly max
								0	5 points weekly
When the week is finished, report this total score to your Team Captain:								0	

Special Activities Events- 75 POINTS MAX FOR THIS CATEGORY				Special Activities/Events	
Cooking Class			0	10 points per class, 20 pt max	
Physical Activity Class			0	10 points per class, 20 pt max	
Community Checkup Survey			0	10 points, one time event	
Register for Heart Walk			0	10 points, one time event	
Healthy Commute			0	1 point per day, 10 pt max	
Know Your Numbers			0	5 points per measurement, 20 points max	
Personal Health Record			0	20 points, one time event	
Participate in Challenge Activity			0	20 points, one time event	
Be Health Hero			0	20 points, one time event	
At the end of week 6, report this these points to your Team Captain:			0		